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NOTES:

Mercury is still retrograde

means that need to alert me if something is not really clear

issues on the communicator side

issues on the listener side

goes direct on Friday, October 9 at 10:57 am

at the end of last week

talked about the karma implications of a car accident

what if passenger in car died

how do you resolve that issue

reason for cycle of lives so can resolve issues like that

## Idea of reincarnation

### definition

Cambridge Dictionary:

the belief that a dead person's spirit returns to life in another body

Google (probably from Wikipedia):

concept that the soul or spirit, after biological death, can begin a new life in a new body

ARE: belief that each of us goes through a series of lifetimes for the purpose of spiritual growth and soul development

### synonyms:

transmigration

metempsychosis

reincarnation is basically the tool to do all of the following:

earn new positive karma

deposits to the savings account

resolve negative karma

deposits to cover withdrawals from the saving account

learn new skills

spiritual growth, including unconditional love and acceptance of others

cannot be proved  
lots of anecdotal evidence  
are not kinds of tests and repeatability that scientists want

Edgar Cayce, (March 18, 1877 – January 3, 1945)  
full trance medium  
means that he appeared to be asleep  
did not hear or listen to himself  
someone else took notes  
did over 2000 “life readings” which was his name for past lives information  
concept of reincarnation really hard for him, did not fit with his beliefs  
readings continued so he finally became a bit more comfortable with it

see Resources:  
work of Dr. Ian Stevenson and Dr. Jim B. Tucker, M.D.  
University of Virginia

lots of experiences for me with problems getting resolved using past life info  
makes concept comfortable for me

## Overview of Reincarnation Theory

live a life time and die or make transition, soul carries on in afterlife

short period (few days) of healing and interaction with those left behind

do self assessment, called the Bardo  
compare with list of outstanding issues

work on some project between lives

feel time to go back in body  
work with counselors  
set up life time  
contacts for karma resolution  
learning opportunities

birth process  
forget the planning

live the life

better to do the learning and accomplish all the resolutions that you can while in  
body  
easier to do resolution when can actually contact person and resolve  
try not to make more issues to resolve

long term goal:  
get all the karma fixed, all the problems resolved  
learn all that need to know  
can then “graduate out” of the current reincarnation cycle

Now the details:

again, this is all theory

based on:

way I learned it at Astara

my own experiences and how I found the process functioned

some of my understanding has changed as use the info

Choose a reincarnation cycle

Hindu idea of being human or being an insect or being something else

I learned more western version that do a series of lives of one type

human

pet

etc.

in the human cycle

for first couple of human lives come in with some kind of disability

are loved and cherished, supported by others

makes the entry to this cycle easier

are able to learn way around and how a lifetime on Earth works

then go out totally on their own with a full set of skills to manage on Earth

while in the afterlife, when feel ready to go back into body:

work with counselors to design the new life

where live:

race

location, nationality, social strata

body type

parents:

genetics

may include potential for a given illness, is still a choice

type of life:

large, strong family group

impression that Kennedy family often came back as a group

smaller family

single parent

orphan

health and well being:

short life vs long life

living area:

urban vs rural vs mountain valley vs ocean side

what need to learn:

based on previous lives

look for missing areas of education

look for missing experiences so learn about that life style

what need to resolve in terms of karma:

work from a list of outstanding issues

where others are involved, counselors work to see who is also in body

will those individuals be in approximately same location

arrange *probability* of meeting

part of the theory:

if someone does ABC to me

at some point in the past I may well have done ABC to them

may be centuries between the two events

may or may not actually be the case

may be that other person is a substitute who needs that lesson

finish the design

all the plans in place



“birth Bardo”

concept: at birth forget all the planning, supposedly don't remember any of it  
but clearly some do

child prodigy learned some musical instrument in previous lifetime  
into current lifetime and immediately highly accomplished  
e.g., Mozart  
study at Univ in VA, Drs. Stevenson and Tucker

can sometimes sort of remember the plan for this lifetime  
will know about major life events and are accepting  
story of divorce and telling the kids

Diana was 17  
Karen was 12

age 13, child no longer have access to anything of the plan  
that info which gave some comfort to the early years is over  
reason teenagers have to try out everything  
“what if I do XYZ—what kind of trouble will I get into????”

the concept also says that events in life of a child under 13 are parental karma  
implies that children are not always responsible for their actions  
they don't always understand the implications  
they don't always see all the potential for issues  
example: a toddler picks up a gun.....

some questions today about how much newborns actually remember from  
planning  
they seem to know more, remember more  
not so much on the details of the previous lives  
more a matter of knowing the concepts, the philosophy

live the life

can also notice that sometimes very easy to learn something  
probably learned it before  
becomes natural to you

example:

my learning German, not interested in French  
so comfortable that I felt free to make up words  
coffee so man can sleep--Kaffee Hag  
spray to make insect die

feel like you have known someone before

could be this lifetime

could be a past lifetime

Kennedy family often appeared together lifetime after lifetime  
gather to renew friendships, mutual support

can find that make friends or trust someone very quickly

means probably already worked to establish that trust in a previous lifetime

can find that don't like someone immediately, do not want to be around them

could mean that some kind of issue from the past

could relate to skills that need to develop in this lifetime  
communication

understanding and/or patience with others, give them their space

could also mean that have developed skills to ensure safety in this lifetime  
person might well be problems ahead--you need to avoid that issue

actual lifetime may or may not have all the experiences and events designed  
will certainly have some

ideas of mission for a given lifetime

in 30's or 40's get a sense of wanting to know the "mission" for this life

"there's something I'm supposed to do; what is it?"

can get answer through meditation and/or reading

can just get a sense that are on the right pathway

past life info can help with understanding and resolution

identify an old issue

example Jane and Belgian convent

understanding past life can help with how to take care of karma

Marshall Lever and his life as a gladiator

able to hypnotize opponent so killed them easily

did this for 25 years, really unusual to live that long

per Marshall, he must resolve with:

all those he killed

everyone who watched from the Coliseum

lots of karma to fix

some he did by giving lectures, again touch a large group

conclusion: each situation is really unique

applies to seniors and others who know they are getting ready for transition  
different for an accident situation

as person gets near the time of transition  
may talk about others who have already passed away  
actually quite normal  
that is the “welcoming committee”  
will help  
will answer questions  
will assist with adjustments

soul leaves through the crown  
someone asked earlier if that was White Light  
it’s the departure of the soul for those who can see it, it is foggy or wispy

end of life, go through the death process, generally use the word “transition”  
after soul leaves body  
we usually have a several day period of open communication with person who  
died  
deceased person is saying good bye  
will appear in dreams and say good bye  
will appear in bedroom at end of bed  
will get a sense of a hug or their love being around  
deceased person is being sure family and friends are OK  
deceased person may even attend funeral or memorial service  
you may actually be able to reach them in meditation/deep prayer

## Bardo

start of Bardo is by deceased person’s choice, usually a matter of days  
period of 72 hours (by the clock) of self assessment of life just finished  
get into a kind of judgment period but it is *self* judgment

for those who are still on planet is a black out period in communication  
can’t reach the one who left  
don’t feel like they are “around”  
deceased person is very much “gone,” not available to anyone

## during Bardo

soul looks back through the lifetime just ended  
sorts through the choices made during that lifetime based on the outcomes

categories for sorting events in life just finished:

- some choices may have resulted in positive outcomes—they are simply noted
- some choices were basically neutral—they are also noted
- some choices from the lifetime just finished were actually restitution and resolution of issues left from other lifetimes—they close out an open unresolved issue and are removed from the list of karma still to be resolved
- for some issues from the lifetime just completed, full restitution has already been accomplished during that lifetime and those can be noted but are set aside
- some issues from the past remain to be resolved
- some choices from the lifetime just completed caused new problems for others and are added to the list of unresolved karma

last two result in unfinished or unresolved

for some particular situations a period of healing and restoration as needed  
Hitler-type person goes into a long sleep  
tended by “nurses” and counselors  
he will have to undo all that karma for every person he ordered  
killed

look at options and decide on work between lives  
hard to work on resolution of issues from life just finished  
not easy to contact anyone still alive  
can use dream state  
can use sensitive person, someone willing to say “this seems right”  
can use some kind of individual as a channel to get word through  
lots of stories of missing documents  
person deceased tries to help the appropriate person find the document  
work on project from end of lifetime  
story Kennedy continuing on civil rights

begin to feel that time to go back into body  
start work with counselors

process starts all over again

goal of reincarnation

graduate out of this cycle and decide what go into next  
your choice

Buddhism calls it nirvana: escape from samsara (which means reincarnation)

Hinduism calls it moksha:

samsara: chain of lives

karma: law that manages samsara

moksha: salvation from samsara

part of Greco-Roman mystery religions

reincarnation is not taught much any more

made for changes to the definitions *in various words* over time

original definitions get something that involves completion of series of lives

more recent definitions are softer, don't imply the reincarnation

Definition of Nirvana

note change to not include reincarnation in first meaning

*Webster's College Dictionary*, 2010

1. A state of ultimate wisdom and blessedness

2. A state of release from the cycle of reincarnation and absorption into the universal reality

## Akashic Records

Cayce called it the “Book of Life”

records of every thought, word, and action of every person

actions of your own are on your soul

no need to look at the records to see own history

1) can get the information through deep meditation

2) can make a request for the information

by far the best way to get past life information is to get it yourself

can get confirmations:

from a reading from someone else

from enhancement of the original information

if get past life info

will receive only the info you need at the time

enough to understand and resolve the issue you are concerned about

for the Akashic Records

in general access is limited, must have a reason to see what is in the records

not an information playground

cannot go in the Hall where records are stored and just read about others

would be invasion of their privacy

security is tight and very effective



Resources:

### Reincarnation

ARE, Association for Research and Enlightenment, Virginia Beach  
Edgar Cayce, (March 18, 1877 – January 3, 1945)

Sugrue, Thomas, *There is a River, The Story of Edgar Cayce*

Dr. Jim B. Tucker, M.D., the Bonner-Lowry Associate Professor of Psychiatry and Neurobehavioral Sciences at the University of Virginia (from Bill Stoney's Paranormal class)

Bio, (aka curriculum vitae or CV)

<http://www.medicine.virginia.edu/clinical/departments/psychiatry/sections/cspp/dops/staff/jimbio-page>

<http://www.today.com/news/return-life-how-some-children-have-memories-reincarnation-t8986>

Dr. Ian Stevenson, Carlson Professor of Psychiatry and Director of the Division of Personality Studies at the University of Virginia, predecessor to Dr. Tucker  
<http://reluctant-messenger.com/reincarnation-proof.htm>

### Akashic Records

<http://www.themystica.com/mystica/default.html>

Awarded from: Britannica.com; Criteria: Editors selected site as one of the best on the Internet for quality, accuracy of content, presentation and usability.